Staying safe at home: fall prevention tips for older kiwis

Bathroom

- Install grab rails
- Use non-slip mats in the shower and bath
- Consider a raised toilet seat for easier access

Bedroom

- Keep a bedside lamp or light switch within easy reach
- Have a phone or emergency call button nearby
- Use bed risers if it helps with getting in and out of bed
- Plug in nightlights for better visibility at night

Around the house and stairs

- Keep hallways and stairs well lit
- Fix loose steps or flooring
- Add handrails and non-slip strips
- Remove extra furniture
- Keep walkways clear of clutter, rugs, and cords

Kitchen

- Install working smoke and gas alarms
- Keep commonly used items at bench height
- Don’t climb on chairs or stools – ask for help if needed

Look after your health

Get your eyesight and hearing checked regularly

Have your medicines reviewed by your GP or pharmacist

Keep active – regular movement helps with strength and balance

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